

GET COOKING

WITH HOUSING ACTION ILLINOIS

RECIPES FROM STAFF & BOARD

June 2020

INTRODUCTION

These recipes were collected from Housing Action Illinois staff and Board members to share with our supporters as a thank you..

We hope you enjoy them!

How to say "enjoy your food" in 20 different languages:

صحتين (suh-tain) - Arabic

食飯 (sikh faahn) - Cantonese

Dobar tek! - Croatian

Smakelijk eten! - Dutch

Hyvää ruokahalua! - Finnish

Bon appétit! - French

Guten appetit! - German

Καλή όρεξη! (kalí óreksi) - Greek

בתיאבון (b'tayavon) - Hebrew

Jó étvágyat! - Hungarian

Buon appetito! - Italian

잘 먹겠습니다 (jal meokkesseumnida) - Korean

Gero apetito! - Lithuanian

Пријатно јадење (priyatno yadenye) - Macedonian

Сайхан хооллоорой (saihan hoollooroi) - Mongolian

Smacznego! - Polish

Приятного аппетита! (priyatnovo appetita) - Russian

¡Buen provecho! - Spanish

ขอให้อร่อย! (kǒr hâi jà-rern aa-hǎan!) - Thai

Afiyet olsun! - Turkish

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LAURA'S BREAKFAST CASSEROLE



SHARED BY Laura Olvera, Board

INGREDIENTS

- 2 16 oz. packs of breakfast sausage (I use 1 pack regular pork sausage and 1 maple to add a bit of sweetness)
- 1 medium bell pepper (chopped—about 1 cup)
- 1 small to medium yellow onion (chopped—about 1/2 cup)
- 3 cups hash brown potatoes
- 2 cups shredded cheddar cheese
- 1 cup Bisquick mix
- 2 cups of milk
- 1/4 tsp pepper
- 4 eggs



DIRECTIONS

Heat oven to 400 degrees. Grease 13x9 baking dish.

Cook sausage, bell pepper and onion over medium heat, stirring occasionally until sausage is no longer pink; drain.

Stir together sausage mixture, potatoes and 1 and 1/2 cups of the cheese in baking dish. Set aside.

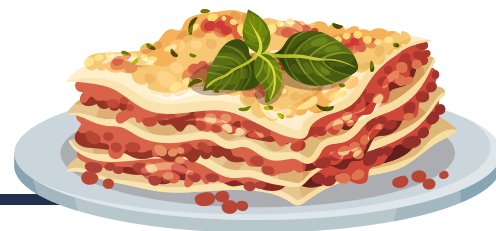
Stir Bisquick mix, milk, pepper and eggs until blended. Pour into baking dish.

Bake uncovered 40-45 minutes or until toothpick inserted in center comes out clean.

Sprinkle with remaining cheese and bake for about 2 minutes or until cheese is melted. Cool 5 minutes, serve and enjoy!

This can be made the night before and then thrown in the oven the next morning.

WANDA'S GO-TO LASAGNA



SHARED BY Wanda Collins, Staff

INGREDIENTS

- 1 1/2 pounds ground chuck
- 1-pound ground Italian sausage
- 1 onion
- 2 cloves garlic, minced
- 2 teaspoons ground oregano
- 1 teaspoon ground basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (14.5 oz) can diced tomatoes with basil, garlic, and oregano
- 2 (15 oz) cans tomato sauce
- 1 (6 oz) can tomato paste
- 1 1/2 cups small curd cottage cheese
- 1 (5 oz) package grated Parmigiano-Reggiano
- 2 tbsp. freshly chopped parsley leaves
- 2 large eggs, lightly beaten
- 9 oven-ready lasagna noodles
- 2 (8 oz) packages shredded mozzarella

DIRECTIONS

Preheat oven to 350 degrees.

1. In a large saucepan, combine ground chuck, sausage, onion and garlic. Cook over medium heat until meat is browned and crumbled; drain.
2. Return meat to pan and add oregano, basil, salt and pepper. Add tomatoes, tomato sauce and paste. Bring to a boil, reduce heat and simmer 30-45 minutes.
3. In a small bowl, combine cottage cheese, Parmesan, parsley, and eggs.
4. Spoon 1/4 of sauce into bottom of 13 by 9x2 inch baking pan. Place 3 uncooked noodles on top of sauce. Do not overlap noodles! Spread 1/3 of cottage cheese mixture over noodles, top with 1/4 sauce, and 1/3 mozzarella cheese. Repeat layers, ending with sauce, reserving 1/3 of mozzarella cheese.
5. Bake 45 minutes. Top with remaining cheese, and bake 15 minutes OR until hot and bubbly.

Let rest 10 minutes before serving.

SHARON'S MOM'S BULGOGI

SHARED BY Sharon Legenza, Staff

INGREDIENTS

- 5 lb. very thinly sliced top sirloin
- 3 - 4 chopped green onions
- 4 - 5 tbsp. soy sauce
- 3 garlic cloves, finely chopped
- 2 tbsp. sesame oil
- 1 - 2 tbsp. sugar (can use grated pear or apple for a natural sweetener)
- 1 tbsp. grated ginger
- 1 - 2 tbsp roasted sesame seeds
- 1 - 2 carrots



DIRECTIONS

Add everything except sesame seeds and carrots in a big bowl and mix well. Marinate covered overnight.

Grill over high heat. Cut carrots into thin matchsticks, saute in a little sesame oil for a few minutes, and add a pinch of pepper and sugar. Adjust to taste.

To make carrots as a side dish to go with the bulgogi: chop more carrots and add thinly sliced garlic and soy sauce. You can also add some grated ginger if you like.

Sprinkle cooked meat with sesame seeds and serve with rice.

Ingredients in marinade can be adjusted to the amount of meat you're cooking and to suit your taste.

SHARON'S MOM'S SIGEUMCHI-NAMUL



SHARED BY Sharon Legenza, Staff



INGREDIENTS

- 1 lb. fresh spinach (not baby spinach but large leaf)
- 1 chopped green onion
- 2 tbsp. soy sauce
- 1/2 tbsp. sesame oil
- 1 clove finely chopped garlic
- pepper flakes (optional)
- 1 tbsp. sesame seeds



DIRECTIONS

Blanch spinach in boiling water and immediately transfer to ice water to stop cooking. Spinach should be bright green. Drain and then squeeze all water from spinach using your hands. Squeeze hard!

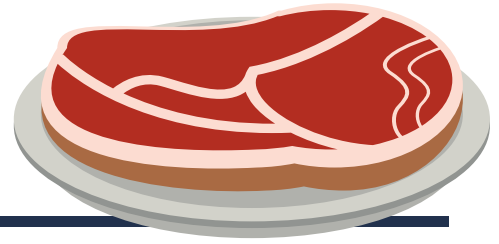
Mix spinach and above ingredients, except for sesame seeds, and adjust for taste. Add sesame seeds and mix again.

Eat as a side dish with rice.



Sharon and her mom

NICCOLE'S STEAK MARINADE



SHARED BY Nicole Clements, Board

INGREDIENTS

- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 3 tbsp garlic, minced
- 1/4 cup olive oil
- 1 tbsp. black pepper
- 1 tbsp. Worcestershire sauce
- 2 tbsp. honey
- 2 tbsp. onion powder
- 1 tbsp. liquid smoke

DIRECTIONS

Mix all ingredients together in a Ziploc bag.

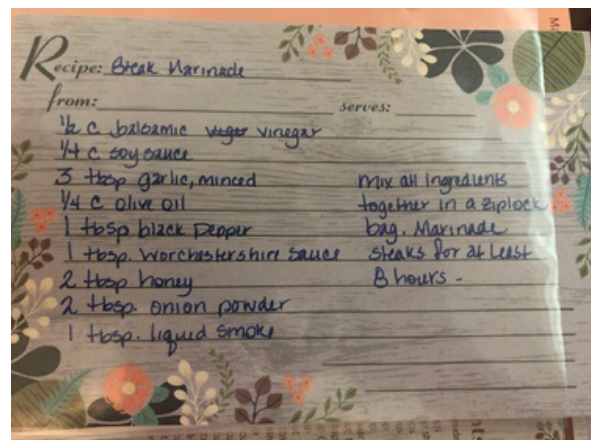
Marinate steaks for at least 8 hours.



Nicole and her mom



Nicole and her nephew



JEANETTE'S SALSA



SHARED BY Bob Palmer, Staff, with credit and thanks to his partner Jeanette

INGREDIENTS

- 1/2 to 1/3 cup of fresh cilantro leaves
- 15 or so firm tomatillos, peeled and quartered; discard navel
- 1 or so onions, about the size of a fist, chopped
- 1 full clove of garlic, chopped super-finely
- 1 dozen or so fresh, smooth-skinned jalapeno peppers, thoroughly seeded and chopped (use gloves)
- 1/2 tsp or more salt, to taste
- 1 24 oz. can of crushed tomatoes
- Orange juice, a couple of tbsp (optional)

DIRECTIONS

Chill can of tomatoes. In food processor, liquefy garlic and tomatillo quarters together.

Loosely chop cilantro. Chop onions and jalapenos. Add all to chilled tomatoes, including salt and orange juice.

Hand mix and sample on chips. Make adjustments if necessary.

Chill overnight to blend flavors.

Cilantro - good 1/2 to 3/4 cup of fresh leaves, trim stems
Tomatillos - 15 or so firm, peeled, quartered, discard navel
Onions - one or so about the size of a fist, chopped
Garlic - a full clove chopped super-finely
Jalapenos - a dozen or so fresh, smooth skinned peppers, thoroughly seeded (use gloves for prolonged contact) and chopped
Salt - 1/2 teaspoon or more to taste
Tomatoes - 1 24 oz. can of CRUSHED tomatoes works well
Orange juice (optional) - couple of tablespoons

Chill can of tomatoes. In food processor, liquefy garlic and tomatillo quarters together. Loosely chop cilantro. Chop onions and jalapenos. Add all to chilled tomatoes, including salt and orange juice. Hand-mix and sample on chips. Make adjustments if necessary. Chill overnight to blend flavors.



Bob and Jeanette

GRAMMY'S PLUM CAKE



SHARED BY Kristin Ginger, Staff

INGREDIENTS

- 4 tbsp. butter
- 1/2 cup sugar
- 1 egg white
- 1 cup milk
- 2 cups flour
- pinch of salt
- 2 tsp. baking powder
- 21 prune plums

Topping

- 1 cup sugar
- 4 tbsp. butter
- 2 heaping tbsp flour
- 1 egg yolk

DIRECTIONS

Cream together butter and sugar, then add egg white, slightly beaten. Mix in dry ingredients, alternating with adding in the milk. Pour into pan.

Arrange halved and pitted plums, cut sides up, on top of the batter.

Blend topping ingredients with a fork and sprinkle over top.

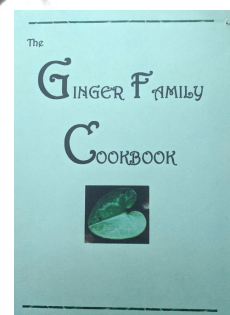
Bake at 350 degrees for 45 minutes.
Serve warm with cream.



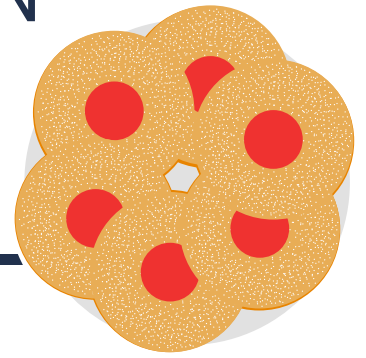
Kristin and her grandmother



Irene Ginger



JO ANN'S MODERN KOLACZKI



SHARED BY Kristin Ginger, Staff, with credit
and thanks to her stepmother Jo Ann

4 INGREDIENTS

- 1 lb. butter
- 1 pint vanilla ice cream
- 4 cups flour
- 2 cans pie filling or jam*

**Traditional fillings include
prune, poppy seed, and plum;
feel free to use cherry,
strawberry, or any other kind
you like.*

DIRECTIONS

Let ice cream and butter soften slightly. Mix butter, flour, and ice cream together. Refrigerate overnight.

Roll out to 1/4 inch thickness. Slice into squares or use circle cutter. Dollop pie filling or jam in center of each. If going with squares, moisten two opposite corners and pull together to fasten at center.

Bake at 400 degrees for 15 to 20 minutes. Let cool, then sprinkle with powdered sugar.



Kristin, her dad, and Jo Ann

MARY LU'S BANANA BREAD



SHARED BY Mary Lu, Board

INGREDIENTS

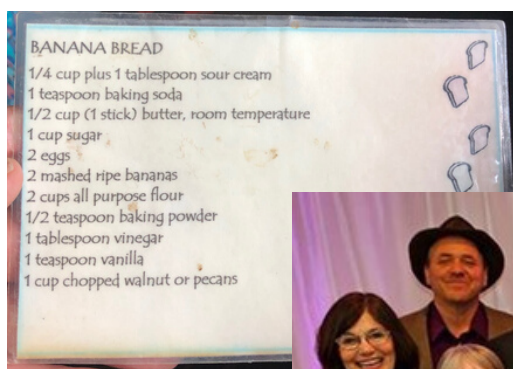
- 1/4 cup plus 1 tbsp. sour cream
- 1 tsp. baking soda
- 1/2 cup (1 stick) butter, room temp
- 1 cup sugar
- 2 eggs
- 2 mashed ripe bananas
- 2 cups all purpose flour
- 1/2 tsp. baking powder
- 1 tbsp. vinegar
- 1 tsp. vanilla
- 1 cup chopped walnuts or pecans

DIRECTIONS

Preheat oven to 350 degrees.
Grease 9x5 inch loaf pan.

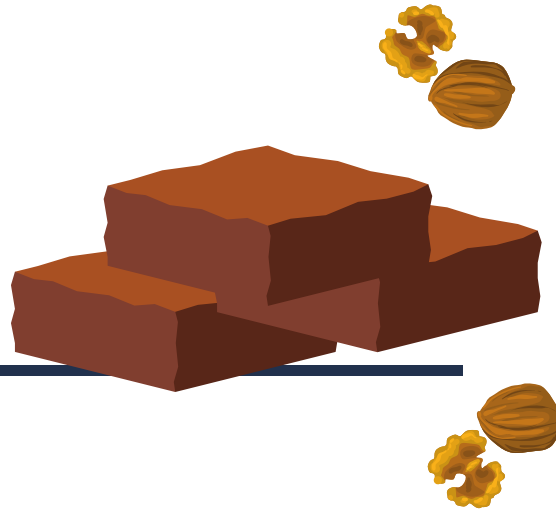
Combine sour cream and baking soda in small bowl. Using electric mixer, cream butter and sugar in large bowl. Beat in eggs, bananas, and sour cream mixture. Sift in flour and baking powder. Stir in nuts.

Spoon mixture into prepared pan. Bake until toothpick inserted into center comes out clean and loaf is golden brown, about 1 hour. Cool 10 minutes in pan. Turn loaf out onto rack; cool completely before eating.



Mary Lu (far right in the back row) & her 9 siblings

DAVID'S NUT FUDGE



SHARED BY David Young, Staff

INGREDIENTS

- 1 lb. package confectioners sugar
- ½ cup unsweetened cocoa powder
- 6 tbsp. butter or margarine
- ¼ cup milk
- 1 tbsp. vanilla
- ¼ tsp. salt
- 1 cup chopped walnuts

DIRECTIONS

Grease a 9 x 5 x 2 inch loaf pan with butter or margarine; set aside.

In a saucepan, add all ingredients except nuts.

Over very low heat, constantly stir mixture until well combined and smooth; stir in nuts. Quickly spread into pan.

Refrigerate 2 hours or until firm.

AMINA'S GREAT-GRANDMA'S KALACS

SHARED BY Amina Farha, Staff

INGREDIENTS

- 6 egg yolks
- 1 cup sugar
- 2 cups milk
- $\frac{1}{8}$ tsp. salt
- 2 $\frac{1}{2}$ sticks unsalted butter
- 1 tbsp lemon zest
- 3 packets instant rise yeast
- 1 sifter flour (about 5 cups)



DIRECTIONS

Combine egg yolks, sugar, milk, salt, butter, and lemon zest in a saucepan. Heat until warm. Take a $\frac{1}{4}$ cup of the warm mixture, and stir in yeast.

Mix yeast mixture, remainder of milk mixture, and gradually add flour. Beat until dough is smooth and does not stick to your hands.

Cover and set aside to rise until doubled. Punch down and divide into six parts.

Heat oven to 350. Roll dough out into about a 9x12 rectangle—not too thin. Spread your choice of filling (see next page) and then roll up.

Baste with egg yolks before baking for 30 to 40 minutes.

FILLING FOR KALACS

INGREDIENTS

Walnut Filling

- 1 lb. finely ground nuts
- Sugar to taste (about 1 cup)
- 1 tsp. lemon zest
- 6 egg whites
- Raisins, to taste (optional)

Poppy Seed Filling

- 3 cups or about $\frac{2}{3}$ lb. ground poppy seeds (can be ground in a clean coffee grinder)
- 1 $\frac{1}{4}$ cups sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup butter

DIRECTIONS

For Walnut Filling

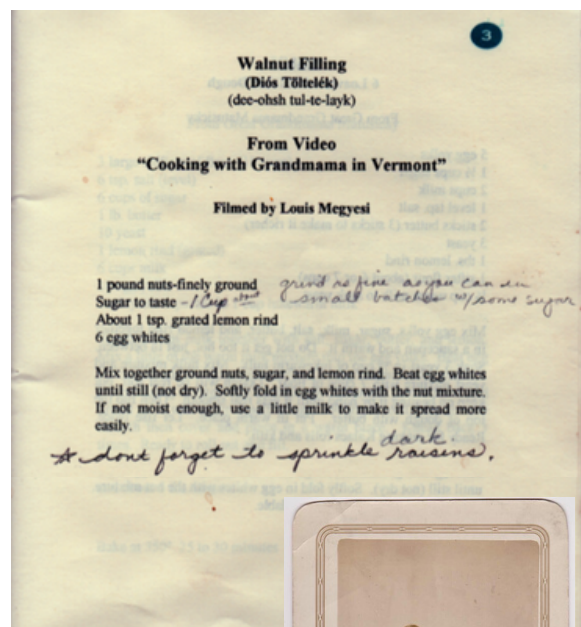
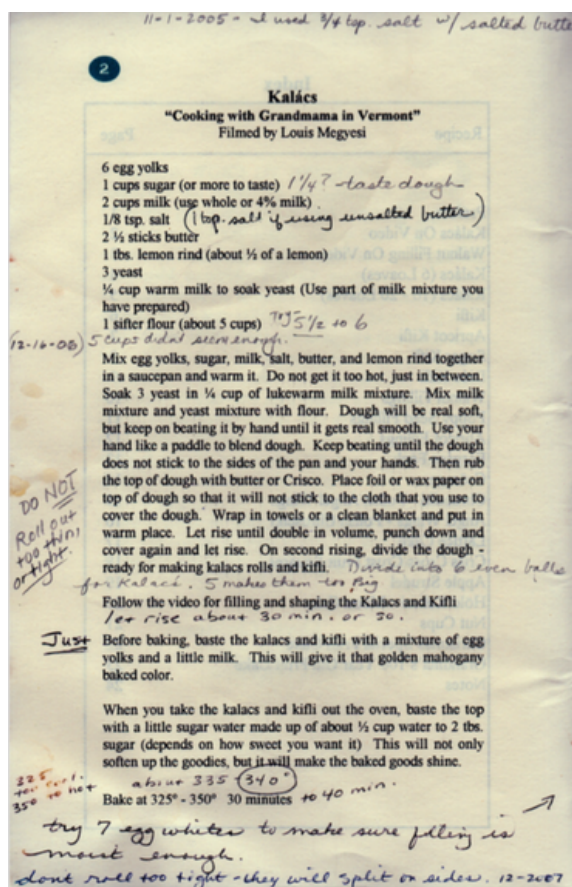
Mix nuts, sugar, lemon zest, and raisins (if using). Beat egg whites until stiff (but not dry). Softly fold egg whites into the nut mixture.

For Poppy Seed Filling

In a heavy 1 $\frac{1}{2}$ quart saucepan, combine all ingredients. Cook over low heat, stirring constantly, for about five minutes or until the mixture is slightly thickened. Remove from heat and cool.

Note

If either filling is difficult to spread, stir in a small amount of milk.



Julia Megyesi with her daughters
Julia (left) and Louise (right)

DOUBLETREE'S CHOCOLATE CHIP COOKIES



SHARED BY Our thanks to AJ, Angie & team at the Bloomington DoubleTree, where Housing Action has held our conference for the past several years

INGREDIENTS

- 1/2 lb. butter, softened (2 sticks)
- 3/4 cup + 1 tbsp. sugar
- 3/4 cup packed light brown sugar
- 2 large eggs
- 1 1/4 tsp. vanilla extract
- 1/4 tsp. freshly squeezed lemon juice
- 2 1/4 cups flour
- 1/2 cup rolled oats
- 1 tsp. baking soda
- 1 tsp. salt
- Pinch cinnamon
- 2 2/3 cups Nestle Tollhouse semi-sweet chocolate chips
- 1 3/4 cups chopped walnuts

DIRECTIONS

Cream butter, sugar and brown sugar, using stand mixer on medium speed, for 2 minutes. Add eggs, vanilla and lemon juice, blending on low for 30 seconds, then medium for 2 minutes, or until light and fluffy. With mixer on low, add flour, oats, baking soda, salt and cinnamon, blending for 45 seconds. Don't overmix.

Stir in chocolate chips and walnuts. Scoop about 3 tbsps. of dough for each cookie and place 2 inches apart on baking sheet lined with parchment paper.

Preheat oven to 300°F. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft. Let cool for 1 hour.



Board members at our 2019 *Housing Matters!* Conference at the DoubleTree